



# Because the world can change a lot in 40 days.

## Lenten Calendar 2025



VAIPL's theme this year is **"Rooted in Hope, Growing Justice"** Hope inspires us to work for a liveable future for all of Creation. Our mission is to achieve climate and environmental justice for Virginians and our world by collaborating with people of faith and conscience. In the New Testament book of Romans 12:12 we read, "Rejoice in hope, be patient in tribulation, be constant in prayer." We can strengthen our hope for a livable future together over the 40 days of the Lenten Season. Pray the prayers, implement the suggestions, and join the movement to care for Creation.

SUN	MON	TUES	WED	THURS	FRI	SAT
<b>Week Theme - Rethinking food &amp; honoring God's abundance</b>						
<b>March 2</b> <b>Prayer:</b> "O Lord, you who are neither surprised nor ashamed of our neediness, we offer you our needy bodies, hearts and minds on this first Sunday of Lent and ask that you would speak your healing word to us, so that we might be assured of your sufficient care and be at peace in our souls. We pray this in the name of the One Who sees us fully. Amen" -Adapted from the COP27 Climate Summit prayer from the EcoJesuits	<b>3 World Wildlife day</b> Want to try a meatless meal during Lent that doesn't have fish? Check out these 65 recipes that are perfect for family dinners and potlucks! <a href="https://bit.ly/4azFxuV">https://bit.ly/4azFxuV</a>	<b>4</b> 108 billion pounds of food is wasted annually in the United States. Think about the little changes that you and your family can take to reduce food waste in your home and community, such as composting. <a href="https://bit.ly/4gad0gu">https://bit.ly/4gad0gu</a>	<b>5 Ash Wednesday</b> Here are some more meatless recipes for you and your family to try during Lent! <a href="https://bit.ly/4gga0iJ">https://bit.ly/4gga0iJ</a>	<b>6</b> After you go to the grocery store, try to figure out how far your food has traveled. How many of your groceries can you source from your town, state, or region? <a href="https://bit.ly/40SU5CA">https://bit.ly/40SU5CA</a>	<b>7 Meatless Friday</b> Consider making meatless Fridays a permanent lifestyle change by reading this article about why Catholics should eat a plant based diet. <a href="https://bit.ly/4aHplCj">https://bit.ly/4aHplCj</a>	<b>8 World Women's Day</b> The next time you buy groceries, shop local if you can. If your community has a farmer's market, buy your fruits, vegetables, and other staples from them. This is a great way to support local businesses and farms while enjoying locally grown produce!
<b>Week Theme - Sustainable living as an act of faith</b>						
<b>9</b> <b>Prayer:</b> "The Lord has bestowed the fruits of the earth for the benefit of all of the world's people. May we share with all in need and so be good stewards of God's earth and its abundance." - United States Conference of Catholic Bishops	<b>10</b> Cut back on single-use food containers by bringing your own dishes and containers to family and community dinners. If you are unable to bring your own dishes, consider purchasing biodegradable products instead. <a href="https://on.nrdc.org/4gNvriX">https://on.nrdc.org/4gNvriX</a>	<b>11</b> Educate yourself about the effects of hyperconsumerism, such as the global waste produced by the fast fashion industry <a href="https://bit.ly/4hgDo9W">https://bit.ly/4hgDo9W</a>	<b>12</b> Consider installing a bidet to cut down on toilet paper consumption, which is a major contributor to deforestation. Bidets use less water on average than it takes to grow the trees used for making toilet paper. <a href="https://bit.ly/3EpMMcC">https://bit.ly/3EpMMcC</a>	<b>13</b> Shop at your local thrift store for new clothes and home goods. Not only can you save money, but you can reduce your carbon footprint while finding unique, high-quality items! How to Thrift Your Kitchen: <a href="https://bit.ly/4062K33">https://bit.ly/4062K33</a>	<b>14 Meatless Friday</b> Buy in bulk for everyday items. This avoids unnecessary emissions produced by many trips to the store and packaging of individual items. Plus, bulk buying is cheaper! <a href="https://bit.ly/40qMnzd">https://bit.ly/40qMnzd</a>	<b>15</b> Transportation is the #1 source of greenhouse gas emissions. Reduce carbon emissions by carpooling, walking, biking, or using public transportation. GRTC System Map: <a href="https://bit.ly/3PwUTqI">https://bit.ly/3PwUTqI</a>
<b>Week Theme - Thinking of our neighbors at home &amp; around the world</b>						
<b>16</b> <b>Prayer:</b> "...In the midst of the anger and frustration is hope—hope that we are here, hope that a loving world is indeed possible, hope in the faith that love can and will triumph over hate..." - Andrew Weber	<b>17 St. Patrick's Day</b> Consider supporting an organization providing humanitarian aid in Gaza, Ukraine, and other areas of the world, like the World Central Kitchen at <a href="https://wck.org">https://wck.org</a>	<b>18</b> Support your local food bank or soup kitchen by donating food, money, or your time. Find your local food bank by using <a href="https://bit.ly/4f4nf5A">https://bit.ly/4f4nf5A</a>	<b>19</b> Pray with your family and neighbors for those grieving the loss of a loved one this season. <a href="https://bit.ly/3WcBWwF">https://bit.ly/3WcBWwF</a>	<b>20</b> Look for fair trade and ethically produced products! Fairly traded and ethically produced goods provide livable wages to workers and are often good for the planet. <a href="https://bit.ly/4jAWxoA">https://bit.ly/4jAWxoA</a>	<b>21 Meatless Friday</b> <i>International Day of Forests</i> Next time you head to the grocery store, ask your family and neighbors if you can save them a trip by picking up items for them or make it a carpool outing.	<b>22</b> Learn about the Great Pacific Garbage Patch, how it impacts communities across the globe, and what we can do to reduce our plastic waste <a href="https://bit.ly/4irsVcW">https://bit.ly/4irsVcW</a>
<b>Week Theme - Praying for those experiencing climate grief</b>						
<b>23 World Meteorological Day</b> <b>Prayer:</b> "All-powerful God, you are present in the whole universe and in the smallest of your creatures. You embrace with your tenderness all that exists. Pour out upon us the power of your love, that we may protect life and beauty. Fill us with peace, that we may live as brothers and sisters, harming no one..." - First stanza Concluding Prayer, Laudato Si, Pope Francis' encyclical	<b>24</b> What is Climate Grief? Climate grief helps to explain the particular feelings of loss and dread associated with our changing environment due to climate change. <a href="https://bit.ly/3EbOnmy">https://bit.ly/3EbOnmy</a>	<b>25</b> Climate Grief and Collective Action: Donate to and consider volunteering with your local mutual aid organizations. They can be a vital resource for the community during extreme weather events, like Hurricane Helene. <a href="https://bit.ly/4gjEwYU">https://bit.ly/4gjEwYU</a>	<b>26</b> Eco - Chaplains: How is your faith community discussing climate grief? <a href="https://n.pr/4hdL0dd">https://n.pr/4hdL0dd</a>	<b>27</b> Coping with Climate Grief: Take time to explore your feelings with climate grief and learn how you can acknowledge, grieve, and take note of how you can use this grief moving forward. <a href="https://bit.ly/413c21z">https://bit.ly/413c21z</a>	<b>28 Meatless Friday</b> Resilience: How can we create action out of climate grief? Consider donating to those affected by natural disasters, such as the recent Los Angeles Wildfires. Working together and caring for one another can help us create hope alongside our grief. <a href="https://bit.ly/42RVaMz">https://bit.ly/42RVaMz</a>	<b>29</b> Find Hope: How can we find hope towards a sustainable future? <a href="https://bit.ly/40SE7IM">https://bit.ly/40SE7IM</a>  Stay tuned for VAIPL's Climate Grief Initiative. Reach out to Kaycie, our Community Outreach Organizer, for more information. <a href="mailto:klassiter@vaip.org">klassiter@vaip.org</a>

*"We abuse the land because we regard it as a commodity, belonging to us.  
When we see land as a community to which we belong, then we may begin to use it with love and respect."  
- Aldo Leopold*

SUN	MON	TUES	WED	THURS	FRI	SAT
<b>Week Theme - Energy efficiency</b>						
30 <i>Prayer: "...Grant us the ingenuity to develop clean and efficient energy sources, reduce wasteful consumption, and transition to renewable technologies. May our energy choices reflect our commitment to a healthier planet. In your name, we pray for responsible energy practices and a brighter, greener future. Amen." - strengthinprayer.com</i>	31 Swap out your light bulbs for energy-efficient LED bulbs to cut down your energy bill and reduce energy consumption. <a href="https://cnet.co/3DK7aVQ">https://cnet.co/3DK7aVQ</a>	April 1 <i>World Wildlife Day</i> Americans are 5% of the world's population but consume 24% of the world's energy. Check if your electricity provider offers renewable energy alternatives that can increase energy efficiency.	2 Obey the speed limit when driving. Every 10 mph faster reduces fuel economy by about 4 miles per gallon, regardless of vehicle size. <a href="https://bit.ly/4glwQ8y">https://bit.ly/4glwQ8y</a>	3 Learn about how the Inflation Reduction Act can save you money on Energy Star-certified products and home upgrades <a href="https://bit.ly/3ZE5xRZ">https://bit.ly/3ZE5xRZ</a>	4 <i>Meatless Friday</i> Consider switching to solar energy for your energy needs. Learn about the benefits of solar energy here <a href="https://bit.ly/4il2tBx">https://bit.ly/4il2tBx</a>	5 Remember to turn off lights and electronics when they are not in use. During the day, make good use of sunlight to help limit your energy consumption. <a href="https://bit.ly/3BYa20L">https://bit.ly/3BYa20L</a>
<b>Week Theme - Caring for our gardens and Earth</b>						
6 <i>Prayer: "Grant us a heart wide open to all this beauty; And save our souls from being so blind that we pass unseeing when even the common thorn bush is aflame with your glory, O God our creator, who lives and reigns forever and ever." - Walter Rauschenbusch</i>	7 <i>World Health Day</i> Buy organically grown produce, which is free of synthetic pesticides and fertilizers. Learn more about organic labels here <a href="https://bit.ly/40SD4IG">https://bit.ly/40SD4IG</a>	8 Plant native species and food for your community through a community garden <a href="https://bit.ly/4hxQtLD">https://bit.ly/4hxQtLD</a>	9 Look into more sustainable gardening practices for your lawn! Try using clover or cultivating native species in your backyard! <a href="https://bit.ly/40QZwlj">https://bit.ly/40QZwlj</a>  Learn more about the Plant Natives Initiative in your region! <a href="https://bit.ly/3WD3rzK">https://bit.ly/3WD3rzK</a>	10 Help our pollinators thrive! We rely on them to grow food and create beautiful flowers for all to enjoy. <a href="https://bit.ly/4jyeTqn">https://bit.ly/4jyeTqn</a>	11 <i>Meatless Friday</i> Test the health of your soil to make sure your garden is ready for fruits, vegetables, and other plants this Spring! <a href="https://bit.ly/3WSbN6V">https://bit.ly/3WSbN6V</a>	12 Join VA IPL's "Cool the City" campaign to lower higher temperatures in urban areas. Reach out to our Cool the City Organizer, Glenn Allen, for more information! <a href="mailto:gapannell@vaipl.org">gapannell@vaipl.org</a>
<b>Week Theme - Looking toward the future</b>						
13 <i>Palm Sunday</i> <i>Prayer: "O God, arise above the heavens: may your glory shine on earth! My heart is ready, O God, my heart is ready!" - Gregory of Mepkin Abby</i>	14 Make sure you know who your representatives are in the Virginia General Assembly. State leaders can have just as much, if not more, of an impact on our lives as federal leaders do. <a href="https://bit.ly/4gemzv2">https://bit.ly/4gemzv2</a>	15 Green your investment portfolio by investing in companies and businesses that are helping our environment and climate. <a href="https://bit.ly/3DLlhdf">https://bit.ly/3DLlhdf</a>	16 Advocate for your community to start a recycling program if your community does not already have one. Learn more about what can and cannot be recycled here <a href="https://bit.ly/3Vmn7Hp">https://bit.ly/3Vmn7Hp</a>	17 Are you registered to vote? Voting is an easy way to advocate for your family and community. You can register or update your voter registration here <a href="https://bit.ly/41ojUeq">https://bit.ly/41ojUeq</a>	18 <i>Good Friday</i> Join or start a "green team" at your church to help your community learn about the environment. Reach out to our Faith Outreach Organizer, Laticia, for more information and resources. <a href="mailto:lee@vaipl.org">lee@vaipl.org</a>	19 <i>Holy Saturday</i> Consider registering your congregation to become a partner with VA IPL and join our mission to grow healthy communities by advancing climate and environmental justice. Join at <a href="https://bit.ly/3D4debd">https://bit.ly/3D4debd</a>

20 Easter Acts 10:34-35 ERV *"Peter began to speak: "I really understand now that God does not consider some people to be better than others. 35 He accepts anyone who worships him and does what is right. It is not important what nation they come from."*

Reflect on all you have accomplished during the Lenten season and what you will carry with you into this new season of growth. How has your frame of mind changed? How will you respond to VA IPL's theme for this year, **Rooted in Hope - Growing Justice**? Conclude your Lenten creation care practice by making a personal pledge to advocate for an environmentally just and resilient world with your faith community, legislature, and in your neighborhood. Join VA IPL for civic engagement events, workshops, and lobby days and more as the year progresses.

